

How
To

prepare to move

roll up your sleeves, or let a professional help

The organizational and physical tasks of a move can often be overwhelming, but there are professionals and useful tips that can ease the transition for everyone involved.

Seeking Professional Help

Senior move managers are professionals who specialize in assisting older adults and their families with the emotional and physical aspects of relocation. They often have backgrounds in gerontology, social work, health care, nursing and psychology.

Because they focus exclusively on the move process, move managers have significant expertise in resources and approaches that save money, reduce stress and produce quality results to meet the client's personalized needs.

Moving on Your Own

Once you have made the decision where you are moving, you will have a much easier time figuring out what items to keep or get rid of. Having a floor plan and the important measurements will help in figuring out which large items

you will be able to bring.

Professional organizers say it is best to have at least six months for such a move, but whatever your timetable, you should get a calendar solely for planning your strategy. You might mark off "D-Day" (for decision made) and "M-Day" (for moving), then mark (in pencil!) the day the necessary steps will be made.

Decide on tentative dates for any sales you might have and make deadlines for other necessary tasks. Assign various responsibilities to family members. When estimating the time needed for big jobs, take a general tip from freelancers and independent contractors: figure out the time you think you will need, and then multiply it by at least two!

Allow yourself enough time to ensure you have brought everything you want before the contents of your previous home are taken away. You do not want to regret having given away too much too soon, or to have important things lost in the shuffle. GRL

Some excerpts from this article used from Moving On: A Practical Guide to Downsizing the Family Home by Linda Hetzer and Janet Hulstrand (Stewart, Tabori & Chang).



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